

# LEADER LINK

## KEEPING OUR LEADERS CONNECTED

VOLUME 4



SUMMER 2007

### Upcoming Events...

- June 23-24: Train-the-Trainer in Portland, Oregon (Leaders Barbara Burri and Tracy McCulloch from Idaho to attend)
- July 1-4: National Juvenile Arthritis Month: conference in Hershey, Pennsylvania
- September 10-13: TOSH Seminar
- September 29: Salt Lake, JA Family Day
- October 3: Volunteer Training in Salt Lake City for Health Fairs and the "Discover Arthritis" presentation
- October 27: Boise, JA Family Day

ARTHRITIS FOUNDATION  
UTAH/IDAHO CHAPTER

448 E. 400 S. Suite 103  
Salt Lake City, UT 84111

Phone: 1-800-444-4993

Fax: 801-536-0991

[www.arthritis.org](http://www.arthritis.org)

### Leader Spotlight: J.D. Adamson

J.D. Adamson has been an Arthritis Foundation Aquatic Program leader for 8 years in Nampa, Idaho. She became a leader because she has fibromyalgia. Being a leader has encouraged her to stay active even when she herself is in pain. Her favorite thing about being a leader is seeing people improve, and the joy in their faces as they accomplish things they couldn't do before.

J.D. offered a tip that may be helpful for other leaders. Sometimes new participants are nervous about being in the water, or are too weak to do some of the exercises. It can be difficult to spend the additional individual time with them without having the other participants feel overlooked. To overcome this, she encourages the participants to invite a family member or friend to come to class with them. She will also ask some of the other class members to befriend and help support them.

J.D. says the key is to have a good time and let your class be fun!

### Are you interested to know how your state is affected by arthritis?

#### IDAHO

The Idaho Department of Health and Welfare Arthritis Program offers prevalence reports, class information, and resources. Visit the Idaho Arthritis Program website at [www.healthandwelfare.idaho.gov/site/3394/default.aspx](http://www.healthandwelfare.idaho.gov/site/3394/default.aspx)

#### UTAH

The Utah Department of Health Arthritis Program provides information on who has arthritis, and which regions of the State have higher incidences of arthritis. Log on to the Utah Arthritis Program website for reports and other resources. [health.utah.gov/arthritis/](http://health.utah.gov/arthritis/)

### **A Special Thanks...**

*Thank you to all the Leaders who completed the online survey. Your responses were very helpful. Results on the next page...*

## **WANTED:**

### **Health Fair Volunteers**

We are looking for outgoing volunteers to represent the Arthritis Foundation at health fairs and other community events. Assignments could include setting up our display, answering questions at a booth, or presenting our "Discover Arthritis" slide show. If you are interested, please contact Audrie at the Arthritis Foundation: 1-800-444-4993.

## **BETHANY ALLRED**



2007 Arthritis Walk Honoree

Age: 5

Morgan, Utah

## **LEADER LINK CONTINUED...**

### **Juvenile Arthritis**

The Arthritis Foundation Aquatics, Exercise, and Self-Help Programs are aimed at helping adults with arthritis take control of their condition. Infants, children, and teens are also affected by arthritis. In fact, nearly 300,000 children across the country contend with the daily challenges and lasting effects of arthritis and related conditions.

**Knowledge is power:** Educate yourself with our resources. Any caregiver or teacher of a child with Juvenile Arthritis may obtain our free brochures on Juvenile Arthritis and the "Kids Get Arthritis Too" newsletter. View the special advocacy edition: [Kids Get Arthritis, Too](#). For more information visit our website [www.arthritis.org](http://www.arthritis.org) or call our office at 1-800-444-4993.

**Be an Advocate:** Don't forget to write congress about the Arthritis Prevention, Control and Cure Act. This Act proposes to strengthen arthritis public health initiatives, which would ensure that more people are diagnosed early and avoid pain and permanent disability.

Click [here](#) to learn more about this Act.

To sign up as an advocate click [here](#) or call the Arthritis Foundation office at 1-800-444-4993.

### **Community Seminars**

The Orthopedic Specialty Hospital (TOSH) in partnership with the Arthritis Foundation and the Utah Arthritis Program recently hosted 4 evenings of Healthy Living with Arthritis seminars. These seminars took place May 21-24<sup>th</sup>. Over 120 people attended over the four nights. If you missed the seminars, you can view the power points on the Utah Arthritis Program website at <http://www.health.utah.gov/arthritis/> or you can attend the next session September 10-13, 2007. Mark your calendars!



# Online Leader Survey Results

Recently the Arthritis Foundation Utah/Idaho Chapter and the Utah Department of Health Arthritis Program developed and conducted an online survey of Arthritis Foundation Leaders. The purpose of the survey was to assess how leaders would like to be recognized, how we can better support them, and if they had heard of the Leader Link. Below is a brief summary of some of the questions we asked. If you would like additional information on the survey please contact us.

Thirty-seven leaders completed the online survey. Of those 37, 16 taught the Self-Help Program, 19 taught the Aquatics Program, and 7 taught the Exercise Program. Sixty-eight percent of the leaders are happy with the amount they are teaching and 22% would like to teach more. When asked "How can we support you as a volunteer leader? Check all that apply," 21% indicated more trainings, 80% indicated periodic updates, 12% indicated needing help finding substitutes and support in their areas and 25% had other comments that included:

- I'm overdue to re-certify
- Advertise classes for both arthritis and FMS patients
- Matching the age groups with instructors

When asked "How would you like to be recognized?" Leaders could fill in as many responses as they liked and the responses indicated the following.

Certificates of achievement	31%
Appreciation gathering	28%
Small tokens throughout the year	17%
Newsletter with a spotlight section	14%
I would rather not be recognized outwardly	48%

We also asked "What other AF activities would you like to be involved in? Please check all that apply." The results indicated half of the leaders surveyed would like to participate in the Arthritis Walk, 45% in health fairs, 15% in Juvenile Arthritis Day, 20% volunteering at the chapter office, and 60% would like to present the Discover Arthritis presentation to small groups.

Finally, we asked a few questions regarding the Leader Link, which is a newsletter we have developed to better support you. If you weren't sure, you are reading it right now! At the time we conducted this survey we had published three issues of the Leader Link. When asked "Have you read the Leader Link in the past?" 11% said yes, 15% said yes - I skimmed it, 3% had seen but not read it and 67% had not seen it. We followed that question up with "What format do you prefer?" 62% said email, 38% said paper copy mailed to you.

We will be using these results to better support you in your work with us. We sincerely appreciate your time, dedication and effort. The programs you teach make a big difference in the lives of people with arthritis and related conditions.

**Thank you for all you do!**